

Shrimp Monterey

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Adapted From Quick Cooking Magazine

Blue – 5 points

Purple – 5 points

Green – 6 points

- 2 cloves garlic, minced
- 2 Tbsp butter (you can reduce points by 1 point by using light butter if you chose)
- 2 pounds uncooked shrimp, peeled and deveined
- 1/2 cup white wine or chicken broth
- 1 1/2 cups reduced fat monterey jack cheese, shredded
- 2 Tbsp minced fresh parsley

1. In a skillet over medium heat, saute garlic in butter for 1 minute. Add shrimp; cook for 4-5 minutes or until pink.
2. Using a slotted spoon, transfer shrimp to a greased 11x7 baking dish; set aside and keep warm
3. Add wine or broth to the skillet; bring to a boil. Cook and stir for 5 minutes or until sauce is reduced.
4. Pour over shrimp; top with cheese and parsley.
5. Bake uncovered at 350 for 10 minutes or until cheese is

melted